



**TEAM
NUTRITION**

5 A DAY CHALLENGE

Only 19% of South Dakotans eat the minimum 5 servings a day of fruits and vegetables.

Get started eating healthier. At healthysd.gov enroll in the South Dakota 5 A Day Challenge to eat more fruits and vegetables during March.

Individuals and teams can engage in the web-based competition. Some individuals will receive cutting boards or baskets of produce.



Inside this issue:

National Nutrition Month®	1
Success Stories in SD	2
On the Web	3
Mini-grant Projects	3
Library Resources	4
Free Incentives	5

“Step Up to Nutrition & Health” Celebrate National Nutrition Month ® 2006 during March

Education messages during this month-long emphasis on nutrition are:

- The food and physical activity choices made today—and everyday—affect your health and how you feel. Eating right and being physically active are keys to a healthy lifestyle.
- Make smart choices from every food group. Give your body the balanced nutrition it needs by eating a variety of nutrient-packed

foods every day. Just be sure to stay within your daily calorie needs.

- Get the most nutrition out of your calories. Choose the most nutritionally rich foods you can from each food group each day—those packed with vitamins, minerals, fiber, and other nutrients but lower in calories.
- Find your balance between food and physical activity. Regular physical activity is important for



your overall health and fitness, plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

- Play it safe with foods. Prepare, handle and store food properly to keep you and your family safe.

Source: [American Dietetic Association](http://AmericanDieteticAssociation.org).

National Nutrition Month® Suggested Classroom Activities at EatRight.org Teachers Guide

Among the many plans, perhaps you would like to try the “**Vote for Your Favorite Food**” campaign:

1. Nominate a food.
2. Collect information.
3. Groups present to the class followed by an elec-

tion on a voting ballot.
4. Students tally the votes and graph the results.

National Nutrition Month® Event Ideas at EatRight.org Events

Events suggested on this site include food and nutrition fairs with themes such as “*Eat a Rainbow*” of colorful fruit and vegetables, “*Sizing it Up*” food portion sizes, “*Easy Moves for Couch Potatoes*” with tips for increasing physical

activity, and “*Guess the Protein*” using dried beans.

Other ideas include:
*“*Nutrition Quiz Corner*” with answers to a new nutrition question placed in a response box every day during March.
*“*Fear Factor Event*” pro-

viding unusual fruits and vegetables for taste testing.

*“*Name That Theme*” earns a discount coupon for school lunch if randomly selected students can name the theme for nutrition month.

Success at Sioux Falls Cathedral and Christ the King schools with Spinach for Breakfast!

Temple Builders is a wellness program using a combination of advice from the Bible and free materials from USDA Team Nutrition. It was developed by a parish nurse and a dietitian. It is being presented in two Catholic grade schools and is marketed by the Avera Parish Nurse department to anyone who would like to present a faith-based wellness program to children. The concept is to avoid competitive or beauty-based messages of society and reinforce the biblical message of the body as a temple.

Parents and students alike are very supportive. After reading relevant Bible passages students partici-



pated in the Vegetable Challenge using the Team Nutrition chart for recording vegetables they ate each day. The first class to fill the 800-square chart won a fruit smoothie from the principal.

One mother reported that her kids ate spinach for breakfast. Another parent reported that the child told

them they needed to go grocery shopping because they didn't have enough vegetables in the house.

The project sent home report cards during the school year which included the child's height, weight, and blood pressure. The report cards included information about weight management and preventing heart disease.

According to Nina Kapes, dietitian, exercise is promoted without any sporting competition but instead small prizes are used for personal goals achieved. Finally some lessons focus on stress management and developing appropriate coping skills.



**New Eat
Smart. Play
Hard™**

Resources

**National School
Breakfast Week
March 6-10, 2006**

Bright Ideas for Using Eat Smart. Play Hard.™

www.fns.usda.gov/eatsmartplayhard/orderform.htm



**DDN TRAINING
SPONSORED BY
TEAM
NUTRITION**

**March 7 and 8
*Team Nutrition Groups
*Food Service Staff**

Information and receiving sites :
<http://doe.sd.gov/oess/cans/nutrition/trainingandassistance.asp>

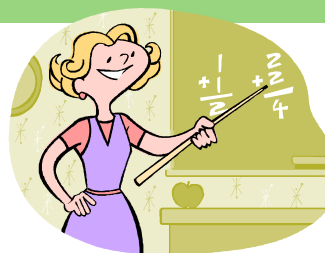
Elementary Students Walk Laps Toward Better Health

Miller elementary students are increasing their physical activity by joining a walking program at their school. Students in kindergarten through sixth grade



gather in the elementary gym from 7:50 to 8:20 each morning to walk. Volunteers mark a mileage card for the students as they make laps around the gym. They receive foot shaped ornaments on a chain to attach to school bags or shoes.

Enthusiasm for this program has grown to 180 walkers. Students are coming to school earlier in order to participate.



One fifth grade teacher commented, "It is a social time for the kids and when they come to the classroom they are ready to start learning."

Permission granted by [The Miller Press](http://www.millerpress.com), Feb. 1, 2006. See more on their website.

SD TEAM Nutrition Mini-grant Projects

Innovative ideas from teams applying for the mini-grants include:

- Walking programs with distance markers and incentives—Walking the Yellow Brick Road...Walk the Great Pyramid ...Idita-Walk.
- Preschool Dramatic Play Area—includes foods and cooking utensils
- Gardening—vegetables



for school lunch

- Student Friendly Nutritional Cookbook
- Munchy Mondays and Fruity Fridays—teach students to prepare foods
- Apple Day—every child gets an apple
- Fairs and week-long events—Youth 4 Health Week...Healthy Trivia Week...Health Fair (science fair style)
- Healthy Brown Bag Lunch lessons

- I Love Winter Celebration—

ideas for outdoor winter activities

- Fitness Friday with the Power Panther

See a list of winning schools at <http://doe.sd.gov/oess/cans/nutrition/MinigrantAwards.asp>



Obesity Researcher Speaks at Nutrition Seminar

Thomas Baranowski, a prominent researcher in childhood obesity, is the keynote speaker March 28–30 at the annual South Dakota State University Nutrition Seminar.

Baranowski, a professor in pediatric medicine at

Baylor College of Medicine, is being sponsored by TEAM Nutrition. His topics, following the conference theme of *Creating Wellness for Life*, will include “Interactive Multimedia for Diet and Physical Activity Change Among Children”

and “School-Based Obesity Prevention: A Blueprint for Change.” More information and registration forms are available at: http://nfsh.sdstate.edu/Nutrition_Seminar/Nutrition_Seminar.html



Games and TV Ads On the Web

Small Step Kids! is an interactive

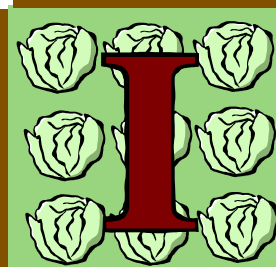
web site designed by the US Department of Health & Human Services to provide children and teachers with “cool stuff about food and what it can do for you” as well as ideas “to learn how to run, throw, think

and eat better.” Check it out at <http://www.smallstep.gov/kids/main.cfm>. Kids will find the TV ads called “Can your food do that?” entertaining. Teacher resources were developed in partnership with Scholastic™ and are designed to help 2nd, 3rd, and 4th grade students build Language Arts and Math skills as they learn about health and fitness.

Iowa TEAM Nutrition is partnering with Iowa Public Broadcasting to show video clips for kids on nutrition. Visit the Web site at <http://www.iptv.org/kids/healthyminutes/HealthySnackGame.cfm>

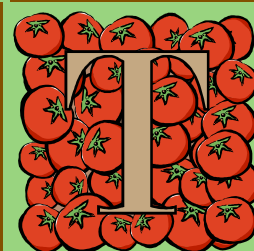
While at the site kids can feed Mungo, the nutrition monster, or help the Berenstain bears plan a picnic.

A new \$5000 grant is available from the **Midwest Dairy Council** (<http://midwestdairy.com>) for work that focuses on **3 Dairy a Day**. Other grant applications are on the **SD TEAM Nutrition Web site** at <http://doe.sd.gov/oess/cans/nutrition/>



To make your newsletters and bulletin boards interesting try adding these vegetable alphabet letters. They are available at <http://office.microsoft.com/clipart/default.aspx?lc=en-us>

Search on clip art: Style 428. Follow instructions to download all letters of the alphabet.





Check out a book or video today! New at the State Library

The South Dakota State Library has many resources on nutrition and physical activity that can be accessed through interlibrary loan from a local school library. In addition to the already existing children's books, curriculum, Team Nutrition resources and books for teens and adults, some recent purchases have been made with Team Nutrition funds. Children's books may be checked out to read at a child care site or elementary school to help children learn about nutrition or references can be accessed to better understand nutrition before teaching it to others.

Visit the Team Nutrition website at <http://doe.sd.gov/oess/cans/nutrition/curriculum.asp> and scroll down to resources available at the state library to find these and other nutrition and physical activity books and curriculum.

Youth Nutrition/Physical Activity Books

From the Garden: A Counting Book about Growing Food	The Healthy Body Cookbook: Over 50 Fun Activities and Delicious Recipes for Kids
Eating Right	Eating for Good Health
Nutrition Anyone?	Vitamins are Vital
Careers in Nutrition	I Will Never Not Ever Eat a Tomato
Farmers Market	Healthy Eating
From Wheat to Pasta: A Photo Essay	The Gigantic Turnip
Chop, Simmer, Season	Ready, Set, Grow!: A Kid's Guide to Gardening

Adult Nutrition/Physical Activity Books and Resources

A Healthier You: Based on the Dietary Guidelines for Americans	Movement-based Learning: Academic Concepts and Physical Activity for ages 3-8
MyPyramid :Pass it on! <i>Video</i>	Celiac Disease Nutrition Guide
Pediatric Nutrition in Chronic Diseases and Developmental Disorders: Prevention Assessment	American Dietetic Association Complete Food and Nutrition Guide
If Your Child is Overweight: A Guide for Parents	Seeds of Change: Learning from the Garden
Food Folklore: Tales and Truths about What We Eat	Vitamins, Minerals, and Dietary Supplements
Carbohydrates: What You Need to Know	Snacking Habits for Healthy Living
The Growing Classroom: Garden-Based Science	Being Vegetarian

Resources from CANS Lending Library

Can be borrowed for nutrition education and school health fair events. Contact Shar Venjohn at 605-773-3413 to submit your request. Limited supplies.

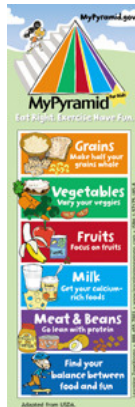
Amounts of Hidden Salt	Food Models Rainbow Fruits & Vegetables
Amounts of Hidden Fat	High-Fat-Low-Fat Choices Flip Chart
Amounts of Hidden Sugar	Portion Photos Popular Foods
Food Models 1" Fat	Food Pyramid Party Card Game
Food Models 1" Muscle	

**Free
Offer**

Page 5

**TEAM Nutrition Schools: Get free Incentives from
SD TEAM Nutrition for use in your projects!**

Order now while supplies last. Values
of \$10 or more per school.
If you tried to order last month and
couldn't get through, please try again.



Magnets
feature the
new
USDA's
MyPyramid
for Kids.
Elementary.
2 1/2" X
7 1/2"
25 Magnets

www.learningzoneexpress.com/

7-Ft. Nylon Jump Ropes.
Each with plastic handles.

20 Jump Ropes



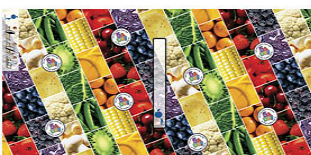
[www.orientaltrading.com/otcweb/application?
namespace=main](http://www.orientaltrading.com/otcweb/application?namespace=main)



15 1/2" Plastic Boomerangs. Assorted Neon Colors printed with "Eat Smart. Play Hard. TM"
9 Boomerangs



Fruit and Vegetable
Book Cover
24" X 13"
11 Book Covers



[http://buttout.com/
catalog.html?
cart=11352055854206558
&p=bookc&z=3269](http://buttout.com/catalog.html?cart=11352055854206558&p=bookc&z=3269)



Fruit and Vegetable Posters
18" X 26" **3 Posters**
[www.shop5aday.com/
acatalog/](http://www.shop5aday.com/acatalog/)

Sesame Street Buttons
1 5/8" X 2 3/4"
15 buttons

www.shop5aday.com/acatalog/

Rank your top 3 choices. (1 is first choice.)

- | | |
|-------------------------------------|--|
| <input type="checkbox"/> Magnets | <input type="checkbox"/> Jump Ropes |
| <input type="checkbox"/> Boomerangs | <input type="checkbox"/> Sesame Street Buttons |
| <input type="checkbox"/> Book Cover | <input type="checkbox"/> Posters |

Name _____

Agency/School _____

Address _____

Signature _____

Fax request to:
605-773-6846

SOUTH DAKOTA
DEPARTMENT OF
EDUCATION
CHILD AND ADULT
NUTRITION
SERVICES

800 Governors Drive
Pierre, SD 57501-2294
E-mail:
amy.richards@state.sd.us
Phone: 605-773-4718



**United States
Department of
Agriculture**



south dakota
DEPARTMENT OF EDUCATION
Learning. Leadership. Service.

**Child and Adult
Nutrition Services**



**South Dakota State University
Cooperative Extension Service**

Karlys Wells, Editor
Extension Assistant NN/TN
Cooperative Extension Service
South Dakota State University
605-688-4039
Karlys.wells@ces.sdstate.edu

Kris Sands, RD, LN
Consultant for South Dakota
Department of Education
krissands@alliancecom.net

Amy Richards, MS, RD, LN
Child & Adult Nutrition Services
SD Department of Education
605-773-4718
amy.richards@state.sd.us

The South Dakota Department of Education and South Dakota State University are Affirmative Action/Equal Opportunity Employers and offer all benefits, services, education and employment opportunities without regard for race, color, creed, religion, national origin, ancestry, citizenship, age, gender, sexual orientation, disability, or Vietnam Era Veteran status.